

Substance Use Fact Sheet for Youth

There is no safe amount of alcohol or substance use. Alcohol, marijuana, and other substance use can affect physical and mental health, safety, and other parts of life, such as school and relationships.

Talk to your parents, a doctor, a counselor, a teacher, or adult you trust if you have questions.

Marijuana



Get the Facts

- **Marijuana affects your brain.** Tetrahydrocannabinol (THC) is the ingredient in marijuana that affects brain cells. It affects learning and memory.
- **Marijuana affects your self-control.** Marijuana can affect your sense of time and coordination. That makes it hard to do things like driving.
- **Most teens don't use marijuana.** Only 6.5% of youth ages 12 to 17 said that they used marijuana in the past month.
- **Marijuana affects your reaction time.** It raises your risk of injury or death from car crashes and other accidents. Using different drugs together increases these risks.

Source:
<https://store.samhsa.gov/sites/default/files/d7/riv/pep19-05.pdf>

Tobacco and E-Cigarettes



Get the Facts

- **E-cigarettes and tobacco contain substances that are bad for your health.** Vaping devices can contain heavy metals such as lead. Tobacco and e-cigarette use can lead to heart and lung diseases and cancer.
- **Most teens don't use tobacco or e-cigarettes.** Only 5% of 10th graders said they used tobacco in the past month. Less than 14% of teens said they vape. Most teens who do vape are not doing it regularly.
- E-cigarettes and tobacco products contain **nicotine, which affects the brain's reward system, emotions, and other brain functions.**
- **Nicotine increases the risk of addiction to other drugs.**

Sources:
<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-E-Cigarettes/PEP19-12>

<https://doi.org/10.1093/ntr/ntaa010>

<https://nida.nih.gov/research-topics/tobaccoandnicotine-vaping>

Alcohol



Get the Facts

- **Alcohol can have long-term effects on the brain.** Using alcohol can reduce your memory and attention and slow your reflexes.
- **Most teens don't use alcohol.** About 18% of 12- to 20-year-olds said that they used alcohol in the past month.
- **Teens who use alcohol are more likely to have problems at school, problems with relationships, and poor physical and mental health.** While using alcohol or drugs, teens are more likely to do things like have unprotected sex, drive unsafely, and be aggressive or violent. This increases risk for pregnancy, sexually transmitted infections, and problems with the law.

Sources:
https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-03-001.pdf

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-10-007.pdf

Crisis & Support Resources

- **SAMHSA National Help Line:** Call 1-800-662-HELP (4357): <https://www.samhsa.gov/find-help/national-helpline>
- **988 Suicide & Crisis Lifeline:** Dial 988: <https://988lifeline.org/>
- **Crisis Text Line:** Text HOME to 741741: <https://www.crisistextline.org/>
- **The Trevor Project:** Text START to 678-678 or call 1-866-488-7386: <https://www.thetrevorproject.org/>

Local Resources

Resource	Age Range	Type of Treatment	Phone number	Address	County
ASAP Cincinnati	Teens	Intensive Outpatient and Outpatient	513-792-1272	9403 Kenwood Rd, Suite C 111, Blue Ash, OH 45242	Hamilton
Addiction Services Council	8th grade and older	Outpatient	513-281-7880	2828 Vernon Place, Cincinnati, OH 45219	Hamilton
Central Clinic Behavioral Health	Ages 5-18	Outpatient- Early Intervention Substance Abuse Program	513-558-5857	2825 Burnet Ave, 4th floor, Cincinnati, OH 45219	Hamilton
Crossroads Center	Ages 12-17	Outpatient	513-475-5300	311 Martin Luther King Dr East, Cincinnati, OH 45219	Hamilton
Gateways		Outpatient	Location 1: 513-861-0035 Location 2: 513-684-7977	Location 1: 2621 Victory Pkwy, Cincinnati, Ohio 45206 Location 2: 4966 Glenway Ave, Suite 205, Cincinnati, Ohio 45238	Hamilton
Talbert House		Outpatient	513-221-4357	Location 1: Hamilton County: Walnut Hills 2621 Victory Pkwy, Cincinnati, OH 45206 Location 2: Western Hills: 4968 Glenway Ave, Cincinnati, OH 45238	Hamilton, Butler, Clermont
Children's Home of Northern Kentucky	Ages 6-18	Intensive Outpatient and Outpatient	859-261-8768	525 West 5th St, Suite 219, Covington, KY 41011	Greater Cincinnati, NKY
Camelot Community Care, Inc.			513-961-5900	7162 Reading Rd, Suite 300, Cincinnati, OH 45237	Hamilton
eXclusive Services	All Ages	Outpatient	513-827-9273	11134 Lusckek Dr, Cincinnati, OH 45241	Hamilton

Resource	Age Range	Type of Treatment	Phone number	Address	County
Individual Care Center, Inc.			513-774-9444	8833 Chapel Square Dr, Suite A, Cincinnati, OH 45249	
Sojourner Recovery Services Outpatient Clinic		Outpatient	513-896-3487	1430 University Blvd, Outpatient, Hamilton, OH 45011	Butler
Community Behavioral Health	Ages 6-18	Outpatient	513-887-8500	820 South Martin Luther King Jr Blvd, Hamilton, OH 45011	Butler
Lindner Center of HOPE	Ages 2-17	Ages 2-10: Outpatient, Ages 11-17: Outpatient, Inpatient, or Partial Hospitalization	513-536-4673	4075 Old Western Row Rd, Mason, OH 45040	Warren
Clermont Recovery Center, Inc.	Ages 13-18	Outpatient	513-735-8100	1088 Wasserman Way, Suite C, Batavia, OH 45103	Clermont
Lighthouse Youth Services	Youth, court ordered treatment		513-221-3350	401 E. McMillan, Cincinnati, OH 45206	
Cincinnati Children's Hospital	Ages 2-18	In-patient substance use screening and treatment for children entering inpatient psychiatric unit	513-636-4124	3333 Burnet Avenue, Cincinnati, OH 45229	Hamilton